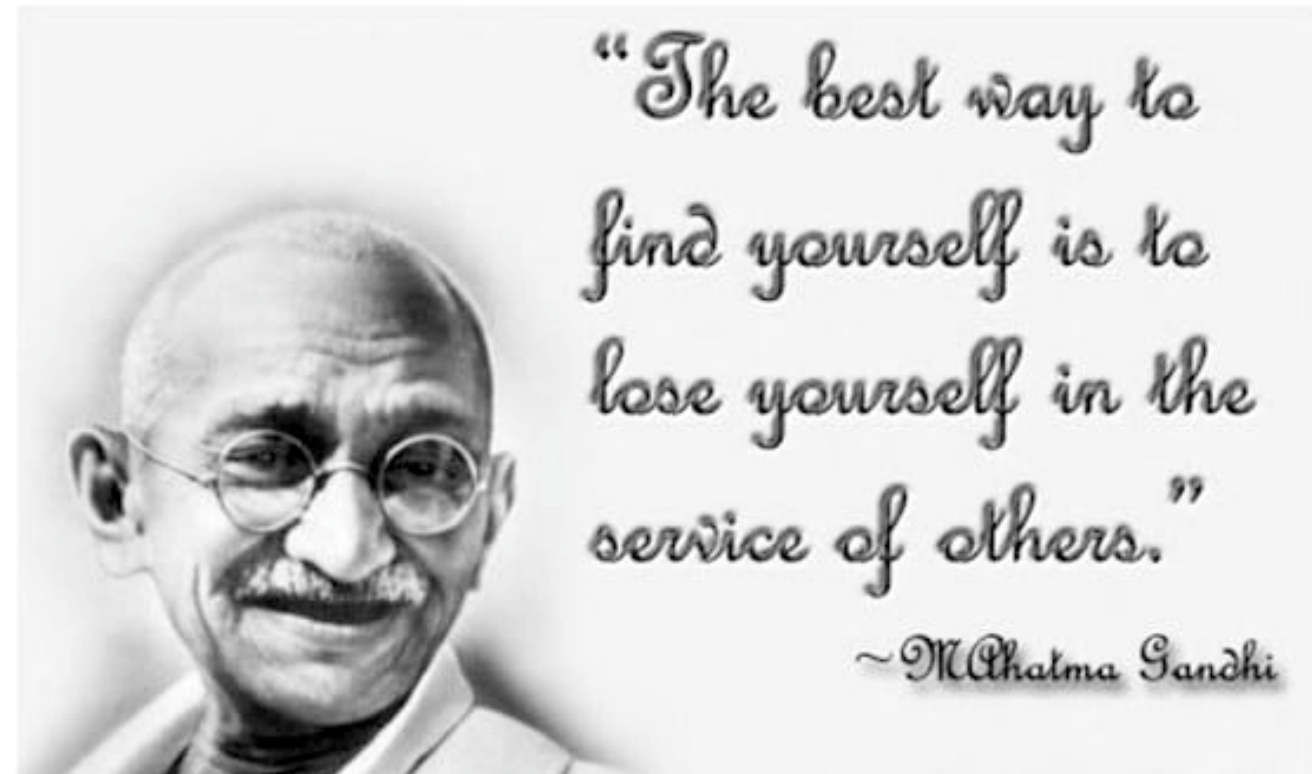


## Daan Utsav (2<sup>nd</sup> Oct to 8<sup>th</sup> Oct)



Daan Utsav is also known as the Joy of Giving week. The week from October 2nd to October 8th is used to promote and encourage the simple joys in sharing. It is a completely volunteer driven initiative that only grows in strength every year. This year marks the 150th birth anniversary of Mahatma Gandhi and we are delighted to continue Mumbai First's participation in bringing Joy to Mumbai. We invite you to be a part of one of the 3 initiatives we are launching during the week:

- Hotel Initiative with Five star hotels in the city: Fundraising dinner to help NGOs raise money for various social impact projects.
- Collection drive: Mumbai First proposes to have a mass collection drive of donated materials- collection of items deemed appropriate for winter wear. This DaanUtsav, Mumbai First, plans to have people better prepared for the winter.
- Mumbai First plans to collaborate with artists and reach out to Municipal Corporation of Greater Mumbai (MCGM) schools. Breaking the mundane routine of regular classes, take-home assignments, and troubled home environments, this week would serve as a platform for children to exchange ideas and interact with their peers outside the classroom setting through theatre, drama, art & craft, storytelling etc.. Mumbai First aspires to create a memorable and enriching experience for children across MCGM schools at their school premises.



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**Tharikha Lakshmi A**

AUG | SEP  
2019



To make the city a better place  
to live, work and invest in



First & Foremost



## Chairman's Address



### Dear Friends,

The challenges the city of Mumbai faced following heavy rainfall in recent weeks, demonstrate that urban flooding has not received the attention it deserves.

Climate change is affecting many parts of the world and we have seen in recent weeks, rampant flooding in several parts of India and America, torrential rains in Japan, record number of fires in Brazil's Amazon rainforest, heat waves in Europe which have caused all-time high temperatures, tornadoes in Greece, melting of over 10 billion tons of glacial ice in the span of 24 hours and raging fires near the artic – Greenland, Siberia, etc.

Nearer home, the floods of 2005 in Mumbai, should have been a wake-up call for us but regrettably, this does not seem to have received the attention it deserved. Various committees of the United Nations and the STERN Committee reports, have identified Mumbai as one of the cities, vulnerable to climate change and sea water temperature rises. When the Paris agreement was signed in 2016, it was decreed that rise in temperature of more than two degrees, would be catastrophic for the world.

I am reminded of the words of Sir David Attenborough, when he said **“there is no question that climate change is happening - the only arguable point is what role, humans are playing in it”**. Prince Charles while addressing recently International Leaders, issued a strong warning that they have just 18 months to take the step required to halt climate change. He further stated that he was **“firmly of the view that the next 18 months will decide our ability to keep climate change to survivable levels and to restore nature to the equilibrium we need for our survival”**.

We need to act now in order to save our city from the consequences of climate change. I would have liked to see some concrete plan for dealing with climate change in the proposed Development Plans for Mumbai and the MMR. We have proposed to the government, to setup a task force, to consider what proactive steps we need to take in battling the challenges caused by climate change. We could also draw upon the experiences of several countries like Netherlands, United Kingdom, Italy and the European Union, who have done considerable work in this area in their own countries.

As mentioned earlier, we were delighted to see the Joint Statement issued, following the last EU-India Summit which was attended by the Hon'ble Prime Minister of India and the Presidents of the EU Council and the European Commission. The Joint Statement, welcomed EU-India Co-operation on Urban development and acknowledged the work done in Mumbai by the European Union and Mumbai First. It was also agreed to launch an Urban dialogue and organize an Urban Forum in India in co-operation with the EU Committee of the region. The Indo-EU Urban Forum, will now be held in Delhi on 17th and 18 September, and Mumbai First have been invited to present the work done in Mumbai with the European Union over the last few years. A report on the deliberations at the Urban Forum will feature in the next issue of the Newsletter.

Meanwhile, with best wishes.

**Narinder Nayar**  
Chairman, Mumbai First

## CEO Speaks



**A**ny Government which wants to attain good governance, cannot do so without the participation of the public and private sector. It is also very true that the Governance is for the people and by the people and if this theory is acceptable by the Government they would be able to meet with more success and less opposition and heart burn.

Having said that ALMs (Advanced Locality Management) to be reactivated is very logical and need based. They should consist of passionate citizens of the area who are positive in nature and less political in their actions. The ALMs should realize that no personal agenda could be taken up by the individual members and that they have no judicial powers to throw their weight around on other citizens in the locality. They also must realise that Legislation is implemented for the common good of all the citizens of Mumbai Metropolitan Region (MMR) and not only of that locality.

150 The MCGM on the other hand should listen to suggestions, ideas and feedback and implement the mutually decided legislations, initiatives etc. and they should be time bound. The MCGM must also realise that if they do not treat the ALMs with seriousness and take into consideration their suggestions, they would lose their faith and the attention of the ALMs. The MCGM must also adopt the model of interaction on a regular basis, action taken report to be discussed every meet and communication and deliberations at all times. The MCGM and the ALMs should realize and accept that they would be accountable to each other for non-performance and lack of efficiency. This in particular is very important as many times the ALMs are neglected or not consulted because the MCGM cannot accept that the citizens of the locality question their performance, which in today's time and circumstances performance evaluation is a must if we want to make Mumbai Metropolitan Region (MMR) the best. Similarly, the ALMs cannot take law into their own hands and must realise that their role is non-judicial and advisory in nature.

150150 One more important suggestion that I would like to give the MCGM that many times the MCGM may not have technical knowledge, knowhow and innovative technology internally and should partner with Knowledge Partners, who are technology driven to help in guiding, implementing and evaluating projects and initiatives. Here again Mumbai First is an ideal platform to facilitate this and has done so many times in the last two decades.

ALMs should also have a representative from other agencies like the Police, etc. Lastly, I conclude by saying that ALM's is the way forward and if properly implemented and organised, it could be a great boost in Governance and citizen participation and ownership of initiatives, projects etc., to bring about a sense of involvement and the will to make it successful at the community level, as the last mile implementation is very important.

**Dr. Neville A Mehta**  
CEO, Mumbai First



## Sustainable Urbanisation Metropolitan Planning Workshop at Pune

As part of the EU- Maharashtra Cooperation, Pune was chosen as it is one of the upcoming Metropolitan smart cities with a population of more than 5 million inhabitants, and is the regional “hub” for economics, culture, communications, travel, etc. Officials involved were the Metropolitan Commissioner, Mr. Vikram Kumar (IAS); Mr. Vivek Kharwadkar, Chief Planner. The technical presentation sessions by the government agencies and by European experts was finalized, and the topics for the Group Discussions were also set. Ashwini Thakar, from Mumbai First initiated and conducted discussions and meetings for invitations to various Pune Government officials, such as the Pune Municipal Corporation, the Pimpri-Chinchwad Municipal Corporation, Pune Smart City Limited, etc. The J W Marriott Hotel, S.B. Road, Pune was chosen as a suitable venue, found appropriate by PMRDA, the other officials and approved by the EUD

A 2-day workshop was conducted successfully on 15-16 May 2019 at the said venue with Pune Metropolitan Development Authority (PMRDA).

The event saw participation from about 27 officials from the above organizations, among a total of 49 participants, who represented Academia & Research, Community Organizations, Business entities and others. Full event report has been submitted with the EUD with full details of planning, agenda, participation, photographs, video links, topics discussed and broad project ideas / proposals as emerged from the workshop which will be shared post the Chennai and Delhi workshops in August and September respectively.



## Eco-Friendly Mobility for Clean Air



“Eco Friendly Mobility for Clean Air” was organized by Maharashtra Pollution Control Board (MPCB) in collaboration with Mumbai First and NEERI on 15th June 2019 with the objective of identifying problems related to mobility and coming up with effective measures to deal with them. Following sections elaborate the discussion/ presentation and outcomes



### Mr. Sudhir Srivastava (Chairman, MPCB)

- Share of public transport declined from 80% to 63% and the number of private vehicles in use have increased to about 40 lakhs in number.
- Average Mumbaikar is taking 60% more time to reach the destination and in the case of congestion, about 100%. Particulate matter concentration during peak time at traffic junction is about 2000ug/m<sup>3</sup>.
- He also mentioned that MPCB supports construction of coastal road and wants to push the idea of eco-commute, E-vehicle, BS-VI, PUC system, carpooling by corporates. He focused on provision of parking, urban planning for cleaner mobility- dispersed office spaces,





#### **R.A. Rajeev (Commissioner, MMRDA)**

MMRDA proposed 337 km of metro lines out of which 180 km are currently under construction. He also listed the advantages of this project which included that about 6-8 million people will travel by metro, public transport capacity will double, increase of speed from 9km/hr to 15km/hr with the help of metro project. After talking about the metro project, he also highlighted the benefits of Coastal Road Project. He stated that coastal road will reduce congestion on roads and will help authorities to construct more pathways for pedestrians. MMRDA is also working on multimodal integration from Panvel to Virar. According to him, these projects will help in reducing congestion and therefore average speed of cars will improve from 15km/hr to 32km/hr by 2032.



#### **Hon'ble Environment Minister Shri Ramdas Kadam.**

He started with overall concerns about the change in weather patterns. He also shared his experience about Jalna district where air pollution caused by emissions by steel plant created darker skies around the plant and spoke about the measures he took to reduce pollution. He complimented the MPCB and acknowledged the efforts taken by the Environmental department for taking appropriate steps to protect the environment. He finally urged all to work towards cleaner air and a cleaner environment.



#### **Urban Mobility with MMR as Focus by Dr. Nitin Kareer (Principal Secretary, Urban Development, Govt Of Maharashtra)**

He stated that, for successful planning of urban mobility, there are many things that should be taken into consideration like, the density of the city, the existing width of the road, issues of parking and whether it should be provided to all vehicles and at what cost, TOD (Transit Orient Destination), proximity of residential houses to stations/bus stops to encourage pedestrians and eliminate the need for motorised last mile connectivity, integration of different transport modes, lanes for the use of non-motorist transport for example bicycle and pedestrianization should be prioritised, etc.

**He concluded by saying "Mobility of clean air and better life is related to mass transit and non-motor transit".**



#### **Reducing vehicular emission through the Commuter Choice Program by Dr. VM Motghare (Joint Director-APC, MPCB)**

Objective – To reduce vehicular pollution by moderating traffic congestion by promoting the use of public transport system and reducing the number of private/public vehicles.

MPCB commuter's choice program is based on adopting mobility strategies like carpooling, staggered time slots for employees, compressed work hours, shuttle services from transit stations, etc.

Therefore, success of commuter choice program depends on the employer's honest effort in implementing the initiative.



#### **Environment Friendly Mobility Plans and Policies for Mumbai Metropolitan Region by Ms. Vijayalakshami (Director, T&C MMRDA)**

MMRDA revealed its plans to ensure the residents of Mumbai have the best urban mobility choices. They are proposing 30m wide roads for the buses, improvement of transport network will disperse population thereby reducing congestion. Various terminal plans for 2041 have been proposed which includes Inter State Bus Terminals, Intercity Bus Terminal, Inter City Rail Terminal, Multimodal Hubs, Major Truck Terminals, Mini Truck Terminals and Passenger Water Transport Terminals. Due to this there will be dispersal of people by which, IPT share will reduce from 13.7% to 8.5%, density will reduce from 9 people/sq.m. to 6 people/ sq.m, average journey speed will increase from 21 kmph to 38 kmph, a multi-modal corridor (MMC) is proposed which will reduce congestion and pollution. It will have 8000 bus trips, etc.



#### **Carpooling – Initiative by TATA Power by Naresh Patil (TATA)**

The main objective was to bring people together to share their rides and reduce pollution. There are also bus services for TATA employees to travel to residences all over the Mumbai area. He highlighted the benefits of carpooling which are as follows:

- Reduces the carbon footprint per employee and for the organisation
- Cuts fuel costs drastically and saves money
- Reduces potential risks on roads and helps in decongestion of traffic
- Reduces stress caused by driving



#### **Approach of MMRCL Towards improvement in Mumbai Mobility by Mr. Datta Binnar (DGM, MMRCL)**

- Work is currently underway at full spread to complete the current metro lines.
- Metro line 3 will increase connectivity between six CBDs- Nariman Point, Cuffe Parade, Fort, Worli/Lower Parel, BKC, Airport and SEEPZ/MIDC; airport connectivity; interchange with existing public transport.
- Green initiative : all underground metro station will be green structures. This means achieving carbon neutrality and reducing reducing energy consumption



#### **BEST-Status and Future Plans by Dr. Surendra Bagade (General Manager, BEST)**

- Will be introducing mid-sized and mini-sized buses to cater to unserved pockets around the MMR.
- Is working on the procurement of younger passenger-friendly CNG and zero-emission electric vehicles.
- Is exploring the use of technology to provide estimated time of arrival (ETA), real time information to passengers via apps.
- A simple, defined minimum fare structure will be introduced.
- Work is underway to introduce a 'national common mobility card' for transport across all modes of transport.





**Getting Ready for E-Vehicles-Mumbai by Mr. Suvarn Pant (General Manager-Electric vehicle Product Planning at TATA Motors) and Mr. Manaswi Sharma (Head - New Business Services at TATA Power)**

He elaborated upon the development plans and features for charging infrastructure of EVs. They keys points include:

- Distributed highly navigable charging networks, available within 10min distance of any customer.
- Destination based charging at homes, offices, malls/retails outlets etc that typically would mean a charging period of 20mins-2hours.
- Continuously increase network of 75+ EVs charging points to make Indian cities EV ready



**Getting Ready for E-Vehicles-Pune by Shekhar Malani (Devise Electronics)**

He elaborated on the need for bus based city transport which works in conjunction with the last mile support- 3-wheelers, rented 2-wheeler & cabs, which essentially means a multi-modal mobility structure for the sustenance of a city.

Their plan to exhibit a Proof of concept for Pune's E-mobility includes the following infrastructural and technological inputs to be placed in Hinjewadi, Pune:

- 100 fast chargers
- 6000 additional electric buses
- 24000 3-wheelers to meet requirement of last mile connectivity
- 48000 2-wheelers with shared mobility principle
- 1440 chargers single-vehicle
- 2000 swappable battery packs



**Vehicular Pollution-Improving PUC system and Retrofitting of Old Vehicles by Dr. Nitin Labhsetwar (Senior Scientist, NEERI)**

He emphasized that any intervention with regards to mobility has to be made keeping in mind some desired effects. It has to:

- Reduce vehicle kilometres per passenger
- Reduce fuel per vehicle kilometre
- Reduce fuel per passenger kilometre
- Reduce pollution per unit of fuel/kilometre/passenger
- Reduce pollution from automobiles (IC engines)
- Improved tail-pipe emissions by implementing standards, step by step and using after-exhaust treatment



**Urban air quality and Transport Economics by Dr. Rakesh Kumar (Director, NEERI)**

He elaborated on immediate steps to ensure that the best urban mobility plan is put in place:

- Study about demand of public transport should be carried out by BEST
- Levy a congestion charge: Re.1/km for private cars and SUVs and 50 paise for two-wheelers
- Busy city areas and suburbs such as Andheri, Malad or BKC can be cordoned off for congestion
- charges and the money thereby collected should first go to BEST as it is the major mass transport claimant of the city roads.





## Mumbai First collaboration with the U S Consulate in Mumbai

### Interactive Session with Prof. Uwe Brandes:

Uwe S. Brandes has over 20 years of experience in the planning, design and construction of new buildings, public infrastructure and the urban landscape. He is Associate Professor of Practice and the Faculty Director of the master's program in Urban and Regional Planning at Georgetown University's School of Continuing Studies and affiliated faculty in the Science, Technology and International Affairs program at the Walsh School of Foreign Service. He currently serves as co-ordinator of knowledge management for the Cities & Urbanization initiative at the World Economic Forum.

Mumbai First, in collaboration with the US Consulate hosted an Interactive Discussion with U.S. expert Professor Uwe Brandes on "Comprehensive Urban Planning & Smart Cities" on the 29<sup>th</sup> of July, 2019.

The purpose of the interactive session was to bring together keen stakeholders to share and exchange ideas on best sustainable urbanisation planning practices.

### The themes of discussion included but were not limited to:

- Long Term Comprehensive Urban Planning
- Public - Private Urban Development Partnerships
- Waterfront and Brownfield Redevelopment
- Cities, Buildings and Climate Change
- Urban Design and Public Space Management



## Our Initiatives

### Meeting with Chief Secretary, Maharashtra

Following with several Training and Capacity building workshops and Metropolitan Labs, Mumbai – EU Cooperation on the Technical and Sustainable Urbanization Partnership, taking it to the next level, we had an exclusive meeting with the Chief Secretary, Maharashtra along with the EU Experts to present the India-EU Partnership in



Sustainable Urban Development showing the Metropolitan Labs and Workshops organized since 2016 till now, explaining that the objective is to select tangible projects to be carried out using the expertise of EU member states with EU financing.

### We have submitted a Project Fiche for Mumbai as approved by the Chief Secretary with a focus on the following areas of collaboration:

1. Transport/Housing: TOD Project in Mumbai
2. Waste Management in Mumbai
3. Water Management in Pune

### Old Age Home Meeting:

The OAH meeting was held on Friday, the 30<sup>th</sup> of May, 2019 at the Mumbai First office. In attendance were, Mr. Arun Nanda (Adata Trust), Ms. Clara D'Souza (Adata Trust), Ms. Aban Deohans and Dr. Naganath Narasimhan Prem (Jaslok). The agenda was to discuss the plots given by the MCGM for the construction, maintenance and operation of Old Age Homes.



### Environment mission Meeting:

The meeting took place on Wednesday, the 29<sup>th</sup> of May, 2019 at the Mumbai First Conference in the presence of noted environmentalists like Prof. Shyam Asolekar(IIT-B), Ms. Sumaira Abdulali (Awaaz Foundation), Ms. Kunti Oza (Clean Mumbai Foundation), Ms. Arpita Bhagat (Green Communities Foundation), Mr. Swapnil Dudhwadkar (NEERI), Mr. Rahul Tiwari (NEERI)

and Mumbai First. The purpose of the meeting was to brainstorm about the environmental concerns of the MMR and the direction that the Mumbai First Environment Mission would take. It was unanimously agreed upon by all present that the main area of concern was waste and waste management.



# Intern's Space

## Metropolitan Mumbai Rail Transport Network Plan

महानगर मुंबई रेल्वे वाहतूक नेटवर्क योजना  
महानगरीय मुंबई रेल परविहन नेटवर्क योजना



### Key to Lines

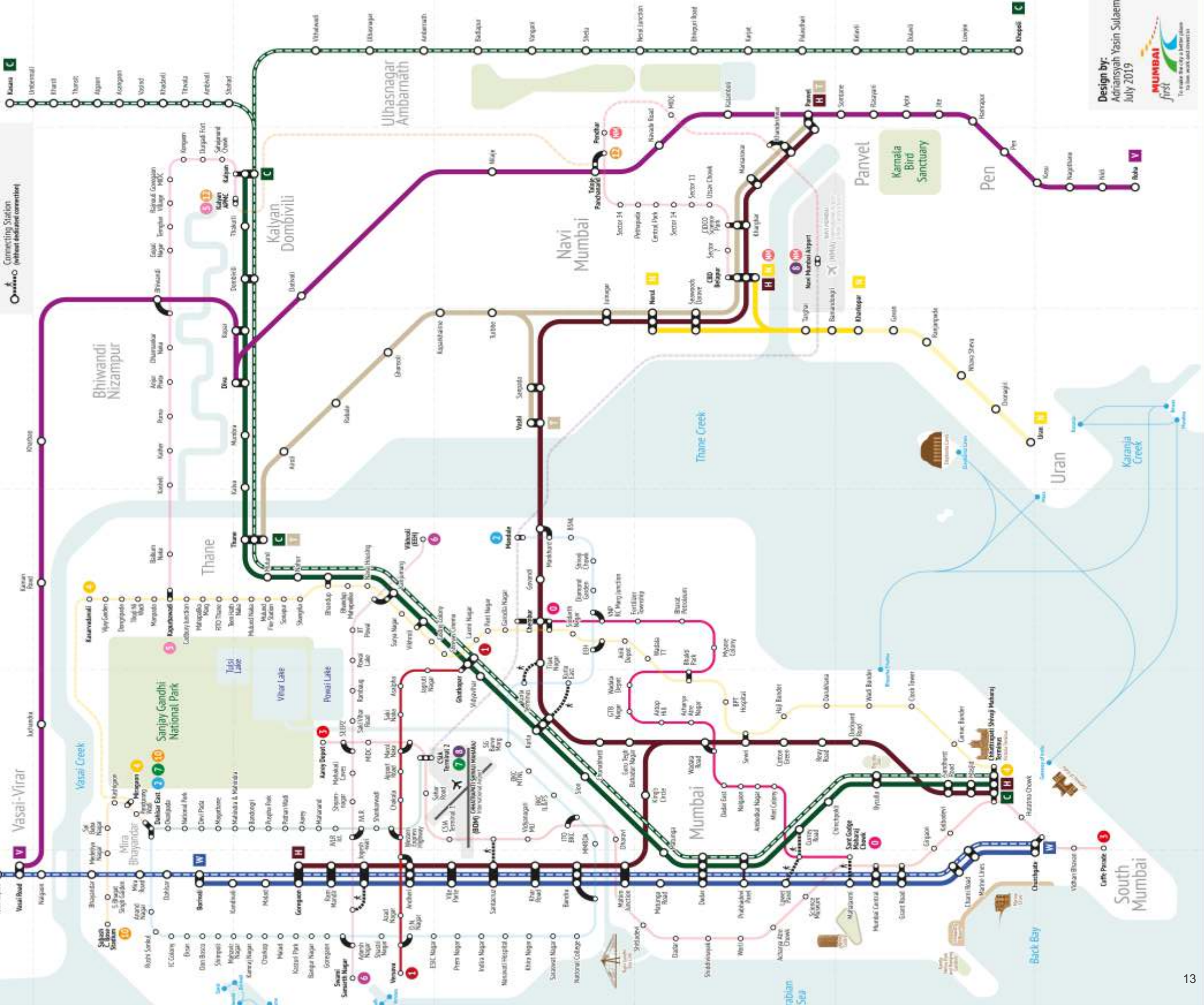
- Western Line** (Mumbai Suburban Train)
- Central Line** (Mumbai Suburban Train)
- Harbour Line** (Mumbai Suburban Train)
- Trans Harbour Line** (Mumbai Suburban Train)
- Vasai Road - Roha Line** (Mumbai Suburban Train)
- Navi Mumbai Line** (Mumbai Suburban Train)

### Key to Symbols

- Mumbai Suburban Train (Slow)
- Mumbai Suburban Train (Fast)
- Mumbai Suburban Train (Planned)
- Metro
- Metro (Under Construction)
- Metro (Proposed)
- Mumbai Suburban Station
- Metro Station
- Interchange Station (with additional connection)
- Connecting Station (inter-line connection)

### Metro and Monorail

- Mumbai Monorail** (Sion Colaba Marine Drive-Oreline)
- Metro Line 1** (Sion Colaba Marine Drive-Oreline)
- Metro Line 2** (Sion Colaba Marine Drive-Oreline)
- Metro Line 3** (Sion Colaba Marine Drive-Oreline)
- Metro Line 4** (Sion Colaba Marine Drive-Oreline)
- Metro Line 5** (Sion Colaba Marine Drive-Oreline)
- Metro Line 6** (Sion Colaba Marine Drive-Oreline)
- Metro Line 7** (Sion Colaba Marine Drive-Oreline)
- Metro Line 8** (Sion Colaba Marine Drive-Oreline)
- Metro Line 9** (Sion Colaba Marine Drive-Oreline)
- Metro Line 10** (Sion Colaba Marine Drive-Oreline)
- Metro Line 11** (Sion Colaba Marine Drive-Oreline)
- Metro Line 12** (Sion Colaba Marine Drive-Oreline)
- Metro Line 13** (Sion Colaba Marine Drive-Oreline)
- Navi Mumbai Metro** (Sion Colaba Marine Drive-Oreline)



Design by:  
Adriansyah Yasin Sulaiman  
July 2019

“Public Transportation Information has always been one of my biggest areas of interest regardless of where in this world I go, & Mumbai’s transport network is no exception. I am currently a fourth year student in Breda University of Applied Sciences, studying International Spatial Development. I joined Mumbai First with a great aim to bring my knowledge to India as well as to put my lessons and previous experience into practice in Mumbai, especially in terms of Public Transportation Information. I have been active in my hometown, Jakarta, having collaborated with different mobility stake-holders to help them create maps & wayfinding signages in the city with the size comparable to Mumbai. & with the opportunity I had during my time as part of Mumbai First, I present the Mumbai Metropolitan Rail Transport Network Plan as a medium to show how far Mumbai is progressing in terms of mobility.”

**Adriansyah Yasin Sulaiman,**  
Intern, Mumbai First



## Our Initiatives

### Mumbai First and Maharashtra Pollution Control Board (MPCB) for Commuter Choice Program

The purpose was to pursue and promote joint activities of mutual interest in environment related studies and championing environment causes across the MMR. To begin with, the focus is on promoting and championing the "Commuter Choice Program" related to transportation across the MMR.

The Commuter Choice Program is an initiative taken by the MPCB which is being carried out by Mumbai First. Under it, we are attempting to reduce the number of cars on the roads which will also lead to reduced air pollution. The program attempts to place the onus of smart commuting choices on the commuters by encouraging them to commute using one of the following methods:

- Carpooling
- Using Shuttle services
- Staggered Work Hours
- Compressed Work Hours



### Mumbai First and Ekonnnect

- The purpose of this MoU is to jointly undertake the following activities:
- Conduct of Environmental Awareness Programs
- Build a cadre of Environmental Ambassadors.
- Establish and operate a web based knowledge network on environment and its management towards sustainability
- Prepare and Publish Citizen Environmental Reports for Mumbai

### K.C. Law College:

- Mumbai First will initiate the "Speaker Series" on diverse issues that confront the MMR and its citizens.
- Mumbai First will select interns from both colleges on a regular basis and provide relevant knowledge and skills to these interns to encourage their professional growth.
- K.C. Law College will provide volunteer support for events being held by Mumbai First.



## Community Fridges: An Initiative by Mr. Gopalkrishna Shivram Hegde

It all started on a rainy day when after dinner as I came out of a hotel and saw an elderly lady begging for food. I realized that we had some leftovers and immediately went back and asked the steward about it. I was stunned to learn that, as the food was not consumed, they had proposed to dump it. I felt that the leftover was good enough to feed at least one to 2 people. I was struck by the irony of the situation. Here, inside my home, we were wasting food while a wall divided the elderly lady from having the excess to that or any food. The situation struck a nerve and I decided to remedy it in whatever small way possible.

The more I looked into it, the more I became aware of statistics about hunger and access to food in India. We found that, in India, there were over 190 million people who were under nourished and approximately 842 million people suffering from hunger worldwide. 40% of the food produced gets wasted before it reaches our plates and this by no means is a small portion. A team of 10 professors from the University of Agricultural Science, Bangalore have surveyed 75 wedding halls, for over six months and their survey results disclosed that over 943 tons of good quality food, which could feed over 2.6 crores people, is being wasted.

We notice that food is wasted at parties, get-togethers and also at households. At the same time we realize that many people spend the night without having consumed anything substantial in content and quality.

Our concept of a community fridge primarily stems from the above mentioned contrasting situation where there is "excess food being wasted" and "people in need of food."

The fridge merely provides a place /platform for the exchange of food, i.e. a place where excess food can be kept by everyone and a place where any person who is in need can avail of the food. Our fridge is located at seven Bungalows, adjacent to Shiv Temple, Andheri (West), Mumbai-400 061. The similar fridge are also setup by us at Oshiwara, D. N. Nagar (Andheri), Mira Road, Juhu etc. Similar fridges are also setup by us at Oshiwara, D. N. Nagar (Andheri), Mira Road, Juhu etc.





**Our fridge tends to satisfy three fold purposes:**

- It avoids unnecessary wastage of food
- It provides an accessible platform for the needy to avail of this food.
- It encourages people to share their joy with others by sharing food on special occasions like birthdays, anniversaries etc.



Initially we had to personally ensure that food is stocked in the fridge and this entailed preparing the food and keeping it in the fridge three times a day. Over a period of time, the concept has become popular because of media and word of mouth communication, and now individuals, hoteliers, caterers, etc., contribute food to the fridge. The food is duly consumed by the needy and the wastage of food is avoided.

We realized that many people may go hungry and not beg, because of the stigma attached, and hence in order to eliminate any stigma or perceived humiliation, we have classified that no permission is required for taking the food from the fridge. A person has a right to open the fridge and select the food they want and this has conferred a sense of dignity and credibility to our project leading to it being used by senior citizens, municipal workers, taxi drivers etc.

When we installed the fridge, the idea of a “shared fridge” was an unknown one; however, it has grown in popularity. All installations since have been received with great enthusiasm by the people in the vicinity.

So far, we are able to provide food for about 150 people daily, apart from certain items like ice cream and juice and fruits. We have received a great response from the people and we are able to generate enough funds for meeting any expenses that may arise. Although this project may look difficult to implement, it is not. It is a sustainable model and will get support from all the people in the vicinity. We believe that a man should live with dignity and one of his basic needs is “FOOD”. We have coined a slogan “Towards Dignified Living” and the installation of the fridge is a step towards providing dignified living: when we say needy, it does not refer to only beggars, but the term encompasses within its fold, normal people, who are otherwise living on a less than staple diet. We have seen people from different strata of our society, be it the senior citizens, the courier boy, watchmen, municipal worker, etc visiting the fridge with dignity.

We intend to spread this scheme. We have recently installed a fridge at Oshiwara and Mira Road in Bombay and Thane respectively. We have appointed two persons, on honorarium, for monitoring the project and we encourage as many people / vicinities to take part in this initiative as well.

**What will it cost to set up a fridge?**

If 25 people get together and install a fridge, it will not cost each of them, more than about Rs.180 per month (which is generally the GST paid on a Rs.1000/- hotel bill). Within Rs.4500/- per month, we feed more than 4550 people, which is about one Rupee per person. We are required to provide plates and bowls, as on many occasions, we get food in bulk. The expenses on all counts is about rupees Rs.5000/- per month. Arranging the said amount of Rs.5,000/- has not proven to be a burden, as with the passage of time and gain of popularity, more people are willing to donate money for such a good cause.

## Nicknamed "Pothole Killers", meet the Pothole Warriors

Suffice it to say, the capital of Maharashtra, Mumbai, is a city with a pothole epidemic. The rains come, potholes / manholes are discussed reverently in the media, and the monsoon passes leaving the potholes to stew where it is till monsoons hit again. Regardless of the efforts being taken to transform mobility in Mumbai, the pothole epidemic seems to not only persist, but grow every year. So where lies the solution? According to Mushtaq Ansari and Irfan Macchiwala, a large part of the solution lies in what the Mumbaikars are willing to do themselves. And there, was born the idea of the Pothole Warriors.

Mushtaq Ansari, 39, comes from a humble background in Mahim and owns a business of selling second hand cars. Irfan Macchiwala, 44, owns a family Fish Business and has been involved in solving civic issues of Mahim residents. The two connected over social media while addressing citizen complaints in Mahim. Many deaths have taken place in the city due to rampant existence of potholes. They decided to get up and do something about it which brought into existence, the “Pothole Warriors”. They launched a social media campaign alongside filling up potholes across multiple localities in Mumbai. Credit to their pothole campaign, many open manholes are now covered in Mumbai. They have filled 315 potholes till date themselves and also got many filled by the civic authority and citizens who have followed their example.

Some of their recent interventions include a pothole filling drive on 14th July at Jogeshwari JVLJR Junction and on 21st July at Mira bhayandar road which had gained significant media traction. Their objective is to save as many lives as possible, and to make people aware about road safety. So far, they have filled potholes at localities like the Bandra WEH Flyover, Chimbai Road, Band Stand, Dharavi Pila Bungalow, Andheri, Lower parel, Vashi Toll Naka, Bandra Bazar Road, Chembur, etc.

As they gained popularity, Mumbaikars began to send them pictures and location of open manholes,





potholes and non-functioning street lights, which they try and rectify to the best of their ability. This has led to their presence all over the Mumbai Metropolitan Region.

The Pothole Warriors, despite filling the potholes of Mumbai free of cost to anyone else, know the importance of monitoring and inspecting the areas where these potholes were filled. They make it a point to revisit the potholes closed by them before every monsoon to ensure that their conditions have not deteriorated.

Apart for their passion to keep Mumbaikars safe on roads, they also actively take part in other programs such as beach cleanups, plantation drives, no honking drives and various other campaigns run by other active citizens of Mumbai. They also bring to the notice of authorities the issue of air pollution and dumping of debris on highways etc.

In September 2018, they noticed many poorly lit streets, which were causing accidents and the rise of crimes such as chain snatching, eve teasing. To do their part, they launched 'Operation BattiGull' under which they visited sites during the evenings to inspect and make note of non-functioning street lights and submit the list to the concerned departments. They also covered prominent areas such as Colaba, Cuff Parade, Walkeshwar, Grant Road, Mohd Ali Road, Lower Parel, Dadar, Mahim, Sion, Chembur, Dharavi, Andheri and Lokhandwala. Their campaign resulted in safe, well lit streets in the city for which they were featured in the Times of India, Mumbai mirror and Maharashtra times.

The idea of Filling Potholes is to bring to the attention of all local authorities, the need to take required action. They are grateful to the local municipal authority for their timely response in resolving complaints. They are now looking to get on board more volunteers, citizens and corporates to support their campaign. They wish for common citizens to act quickly and do their bit and not always wait for the authorities to take action. This would many more lives in the city. Their campaign #PotholeFreeCity has brought significant change in the city.

Follow their journey to secure Mumbai's roads on @potholewarriors on Twitter.



## A Geriatrician on Geriatrics & the key to Successful Aging:



### Dr. Naganath Narasimhan Prem

Chief Consultant Geriatric Medicine, Elderly Care Specialist  
Department of Geriatric Medicine, Jaslok Hospital  
Member, Graceful Living Initiative

#### Who is a geriatrician?

Whenever a child seeks medical attention, he or she is taken to a pediatrician. That age group merits special attention. Looking at the other end of the spectrum are the elderly, who are different and require a specific plan of care. This special care is given to them by a geriatrician or an elderly care specialist. People often wonder why they should visit a geriatrician and what their role is.

A geriatrician is a doctor who is specially trained to evaluate and manage the unique healthcare needs and treatment preferences of older people. He/she usually works along with a nutritionist, physiotherapist and nurse to provide the best care that elders need.

They are particularly experienced in dealing with geriatric syndromes. These include delirium (altered mental status), memory impairment, depression (low mood), incontinence (urinary and fecal), falls, immobility, pressure sores, frailty and malnutrition.

Geriatricians always use a holistic approach to address the physical, psychological and social problems surrounding the patient and the family. Their expertise lies in dealing with multiple medical problems, chronic illness and also working closely with other healthcare professionals and organizations in order to address the special needs. The emphasis is always on optimizing quality of life and functional independence.

#### Why Geriatrics Is Teamwork?

Geriatrics is known for its team approach in caring for older people and supporting their families and other caregivers. The Geriatrician will work with the other members of the team:

- Physical therapist
- Nutritionist
- Nurse
- Social worker

This would form the core team. Apart from this there would a complementary team which is drawn upon as needed such as, psychiatrist, occupational, speech and swallowing therapist, dentist, podiatrist. The other members of the team would vary depending upon the needs of the individual older person. The caregiver of the older person and the older person themselves are the most important members of the team.



## What is a Comprehensive Geriatric Assessment?

It is the first step toward getting the care and treatment you need. It provides your Geriatrician with a base line, which is then used to monitor your progress. It involves giving a substantial amount of time to conduct a detailed assessment of the older adults; listening to every issue they have medical or otherwise.

Looking deeply and in a detailed manner at their medical history, conducting a string of assessments that include but are not limited to Physical examination, Medication assessment, Cognitive testing, Functional assessment, Psychosocial assessment and Geriatric Syndromes assessment. A Problem List is formulated which includes all the medical and non medical issues. Targeted investigations are conducted according to the problem list. Following this, a personal care plan is developed by the geriatrician which includes lifestyle advice, diet and exercise programs and a comprehensive preventive care including vaccinations. Also put in place a plan for immediate and long term follow up. Consultations being conducted by various experts whenever required.

### Successful Aging:

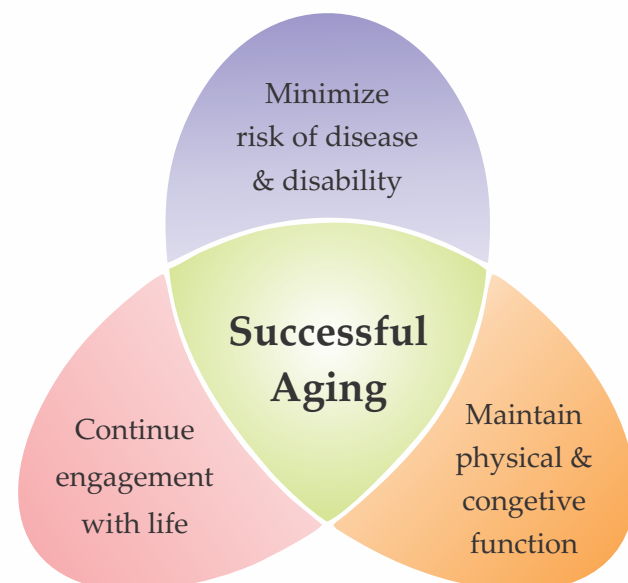
“Aging is not lost youth but a new stage of opportunity and strength.” - Betty Friedan

Successful Ageing to me is being independent ,ability to enhance ones quality of life ,knowing ones strengths and to be able to facilitate the available support systems.

As the great William Wordsworth once said “ Come grow old with me, the best is yet to be.

### Three elements of successful ageing:

- a. Low risk for disease and disease related disability
- b. High level of cognitive and physical function
- c. Active engagement with life



### The Pillars of Successful Aging

- Selection-What a person can still do
- Optimization- improving or strengthening functions
- Compensation-Using strategies to overcome weakness

### Tips for Successful Aging

1. Stay Active and engaged
2. Eat healthy food
3. Stimulate your brain –continue learning
4. Stay in touch and communicate
5. Maintain relationships with friends and family
6. Sleep well
7. Stay physically active
8. Reduce stress
9. Practice prevention
10. Have a social life

## Corporate Corner: Graceful Living

When we talk of old age, the vision that comes to us is a forlorn one. A feeling of idleness pervades the mind. This would have been the scenario 20 years ago. But now it's an agenda which says, 'get set, ready and go'. Yes, today the old do not feel so helpless and do move on. But nevertheless, chronological age catches up and there comes THAT time when support is essential: physical, emotional, intellectual or otherwise. Loneliness is a daily activity in their lives as the present generation is about couples going out to work, leaving the elderly on their own. Caring for the elderly is perhaps the greatest responsibility of society.

The need to give comfort and joy to the elderly is a compulsion. Thereby Graceful Living was born (December 2018). It is a joint venture of the Department of Geriatrics, Jaslok Hospital and Tulsi Trust, an NGO which seeks to care for the elderly. They have got together with a holistic approach which is to support senior citizens and prepare a plan to implement its objectives. While the hospital will handle the holistic medical care, Tulsi Trust will complement it with social, recreational activities and intellectual fulfillment. The motto here is...no elderly person should be left unattended for want of personal care and well-being.

Tulsi Trust	Jaslok Hospital
<p>Tulsi Trust was established by Mr Mithu Chanrai in memory of his late father, Mr Tulsidas Chanrai, in August 1975 with the aim to fulfill the basics of the poor and needy. The Trust continues along this path and has to a great extent aligned itself to the UN initiative of 'sustainable development goals' which includes among others: no poverty, zero hunger and quality education. At a deeper level, it is more than indulging in physical activities for the general good. Health care, skills development and education are the top priorities</p>	<p>Jaslok Hospital &amp; Research Centre is not only one of Mumbai's most well-known hospitals, but it is one of the oldest tertiary care, multi-specialty Trust hospitals of the country. Jaslok is well known for its use of the best technology available when caring for its patients. The Department of Geriatric Medicine at Jaslok Hospital is the first of its kind in South Mumbai .It was founded one year back. It is spearheaded by Dr Naganath Narasimhan Prem who is the Chief Consultant Geriatric Medicine and Elderly Care Specialist.</p>



Graceful Living started an awareness program by holding talks at some of the South Mumbai clubs. These clubs include the Cricket Club of India, Radio Club, Wodehouse Gymkhana, Malabar Hill Club, Willingdon Club, National Sports Club of India (NSCI). The talks are conducted by Dr N N Prem of Department of Geriatrics, Jaslok Hospital and Ms Amruta Lovekar of Tulsi Trust. The attendance comprises elderly members of the club. Separate presentations include a Worli Municipal School, talking to the Senior Citizens group, and a talk at Nana Nani School, Thakurdwar. The services provided by Jaslok include comprehensive geriatric assessment, physiotherapy, medication, health check-ups, care/control of pre-existing diseases, comprehensive medical history review, and physical assessment. Developing a personal health plan and providing advice on diet and exercises are also part of the agenda. This is the broad perspective. Graceful Living has goals which speak of healing, health and wholeness with high quality patient care.

The idea is to understand every medical and non-medical issues of the older adult in order to give a comprehensive holistic care. The objective is to give maximum time to the older adult to express their issues (medical and non-medical) and provide them with the best individualized care. Graceful Living seeks to provide in-patient companionship for people in the hospital as well as at home. Those suffering from cognitive impairment/dementia demand a different kind of companionship. Apart from companionship, care is taken to stimulate their minds with intellectual and recreational activities such as games like bridge, chess, scrabble. Reading to them or discussing various subjects of their interest is part of the program. What is important for the senior is to actively participate in his own ageing process. With successful ageing, we can achieve three elements:

1. Lower risk of disease
2. High level of cognitive and physical function
3. Active engagement with life

For the first time in a hospital at South Mumbai, an In-house workshop on comprehensive geriatric nursing care was also held at Jaslok Hospital under the leadership of Dr Prem. Lectures for nursing to impart specific expertise on handling older patients have also been conducted.

Another important aspect of Graceful Living is 'support groups'. Every third Wednesday of the month, support group meetings are held from 4pm to 5.30pm on the 3rd floor at Jaslok's auditorium. This brings together the elderly from all walks of life. They listen to each other and in many ways understand and identify with others. A talk is given by Dr N.N. Prem who explains the growing need for awareness about Geriatrics and Ms Amruta who discusses the social/psychological angle of ageing. Afterwards, entertainment is provided in the form of music and games. Recently a civil lawyer gave a talk and helped create a fuller understanding of several legal issues pertaining to situations like elderly abuse. Sometimes it's a technology expert explaining usage of the mobile and so on and so forth.

Awareness programs also include visiting senior patients in hospitals, explaining to them what Graceful Living is all about and hence bringing in wider recognition. Training sessions for staff, helpers and family members have also been undertaken as a way to increase sensitization about geriatrics and the key to successful ageing.

More and more seniors are slowly becoming aware of living life to its fullest despite growing older. Graceful Living is committed to supporting the elderly. We welcome volunteers, supporters and donors. Recommend our services to the elders near you.

**Services provided under Graceful living:**

**Medical Services include (but are not limited to):**

- Comprehensive physical ,cognitive and psychosocial assessment
- Developing a personal care plan
- Lifestyle advice ,diet and exercise programs
- Comprehensive preventive care including vaccinations
- Consultations by specialists when needed

**Social Services include (but are not limited to):**

- In patient companionship
- Companionship for patient at home
- Companionship for person with cognitive impairment/ dementia
- Training professional caregivers / family members, regarding dementia / caregiving
- Counselling
- Intellectual stimulation activities

**For more details, please contact:**

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